

Children's Mental Health Week 2021



Stokeinteignhead Primary School



We are putting together a film of all of the wellbeing activities that our Stoke families get up to during Mental Health Week. Please send in your pictures/videos to homelearning@stokeinteignheadschoo.org by Monday 8th February.

This week is Children's Mental Health Week. The theme this year is 'Express Yourself'. Expressing yourself is about finding ways to share feelings, thoughts and ideas, through creativity. Have a go at these activities throughout the week.

MONDAY

ART: Draw your feelings activity

Watch the video clip and create a picture which shows your feelings. Then, talk about what you've created with someone. Can you explain what you've drawn?

Watch a demo by typing this link into your address bar: <https://bit.ly/3iJCoMv> for inspiration.

TUESDAY

MUSIC: Music can change how we feel!

Watch the interesting video clip about how music can change our feelings:
<https://bit.ly/2GjLRMW>

Why don't you play some music that makes you feel happy and dance around the room?! Perhaps post your favourite happy songs onto Google Classroom to share with us too!

WEDNESDAY

EXPRESS YOUR FEELINGS THROUGH WRITING!

Today, you could share how you're feeling, either by writing a diary which is just for you, or you may want to write a letter to someone else. You could share how you're feeling, your thoughts and ideas. By doing so, you'll most definitely put a smile on someone's face!

THURSDAY

DRESS TO EXPRESS DAY!

Whether you're at home or in school, wear your favourite colour, or choose a range of colours/clothes which express how you're feeling!

Perhaps you could post a picture of what you've decided to wear and let us know how it makes you feel?

FRIDAY

MENTAL HEALTH WEEK MEETS NUMBER DAY

For the final day of mental health week, we have put together some ideas that link mental health week to a number themed day.

Later in the week we will send some number themed ideas for you to try or you can choose some ideas of your own too.

We hope that you have a great day!

Remember, staying healthy on the inside is just as important as being healthy on the outside!



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